



Lemon-Scented Olive Oil Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1.5 tablespoons milk fat-free
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.5 tablespoons lemon rind grated
- ☐ 1 cup powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

Equipment

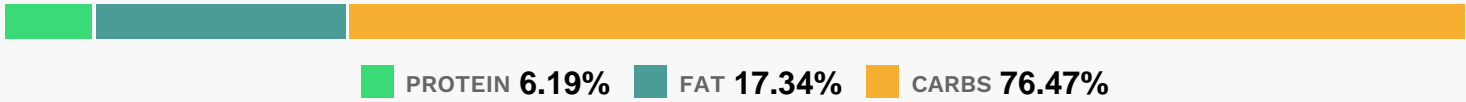
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare muffins, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl; stir well with a whisk. Make a well in center of mixture.
- ☐ Combine sour cream and next 6 ingredients (through egg white) in a small bowl; stir with a whisk until well combined.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Spoon batter evenly into 10 muffin cups coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove from pans immediately. Cool completely on a wire rack.
- ☐ To prepare glaze, combine powdered sugar, 1/2 teaspoon rind, and 3 tablespoons juice in a small bowl; stir with a whisk until smooth.

- ☐
- Spread about 1 teaspoon glaze over each muffin; let stand 5 minutes or until set.
- ☐
- Garnish with lemon rind, if desired.

Nutrition Facts



Properties

Glycemic Index:27.03, Glycemic Load:14.16, Inflammation Score:-1, Nutrition Score:3.3686956763268%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 176.4kcal (8.82%), Fat: 3.46g (5.32%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 33.82g (12.3%), Sugar: 22.13g (24.59%), Cholesterol: 19.7mg (6.57%), Sodium: 131.02mg (5.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Selenium: 7.32µg (10.46%), Vitamin B2: 0.13mg (7.43%), Vitamin B1: 0.11mg (7.34%), Folate: 28.37µg (7.09%), Calcium: 47.75mg (4.77%), Phosphorus: 46.83mg (4.68%), Manganese: 0.09mg (4.53%), Iron: 0.77mg (4.26%), Vitamin C: 3.42mg (4.14%), Vitamin B3: 0.78mg (3.9%), Vitamin E: 0.47mg (3.16%), Fiber: 0.47g (1.87%), Vitamin K: 1.74µg (1.66%), Vitamin B12: 0.09µg (1.58%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.23mg (1.53%), Potassium: 52.35mg (1.5%), Magnesium: 5.78mg (1.44%), Copper: 0.03mg (1.4%), Vitamin A: 61.74IU (1.23%), Vitamin B6: 0.02mg (1.11%)